

10 Tips On SITTER JITTERS

American Children's Safety Source

Before you leave your children with a babysitter, write down the following information in a place where it can be quickly found in an emergency. Go over information with your babysitter **before** you leave.

- ☐ Your complete address, your name(s), and the full names and ages of your children.
- ☐ Explicit directions to your home (including cross streets).
- ☐ The name, address, and telephone number of the place where you can be reached.
- ☐ The telephone numbers for the police, fire department, and poison control center (post these on the telephone).
- ☐ The names and telephone numbers of neighbors who are able to assist in an emergency.
- ☐ Your family doctor's name and telephone number.
- ☐ Any medical problems that may arise and how to deal with them.
- ☐ The location of the smoke detectors and fire extinguishers.
- ☐ Bed times and/or meal times for children.
- ☐ Fire exits from each room and the family's safe meeting place.

Babysitters:

- 1.** Be prepared; know what to do in emergencies by being prepared - know what could happen and how to react to it.
- 2.** Always know where the emergency exits are located.
- 3.** Keep doors and windows locked for the safety of both you and the children.
- 4.** Never open the door to a stranger. If the person insists, first check with parents or call the police.
- 5.** Know where the "danger" items are - medicines, bleaches, household cleaners, and electrical appliances. Make sure they are locked away out of children's reach.
- 6.** In case of accident or illness, don't try to be a doctor or nurse except for minor cuts and bruises.
- 7.** Keep your emergency telephone list handy - use these numbers when you need them.
- 8.** Depend on the child's parents or a neighbor in any emergency situation that you are not sure how to handle yourself.
- 9.** Prevent play accidents. Supervise children at all times. Know where they play and what they play with. Help them learn to play safely.
- 10.** Never leave a child alone - even for a moment! Accidents happen quickly!